



THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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15th & 22nd March

Welcome to our fortnightly newsletter

Sunday 15th at 9.30am - Mothering Sunday service at St Swithun's Church, Sandford. (Big thank you to Rosie and Lyn for preparing Mothering Sunday posies.)

Sunday 22nd at 9.30am - Communion service at St Swithun's Church, Sandford.

Sunday 29th - No service in the parish but a combined mission community service for Palm Sunday will be held at Poughill at 10.30am.

Should you want different styles or times of services, the full rota for the Crediton area is always available in the church porch or can be found at the end of the monthly digital or paper Hub Post.

--- Diary Dates ---

Wednesday 18th - at 7.30pm at the Boniface Centre. Bishop Mike came to the last Deanery Synod to share his 5 Strategic priorities last October but only managed to cover three of them! He is returning for a special extra session to do a quick recap on the first 3 and share the other two. Everyone is welcome.

Thursday 19th - PCC meeting at 2.30pm in the Under Gallery. Please let Linda G have any items you would like included on the agenda.

Monday 23rd - Sandford Storytellers' last assembly at Sandford School this term, dramatising the account of The Last Supper in preparation for Easter.

Wednesday 25th - The Well at 7.30pm at Holy Cross Church, Crediton. An opportunity to experience the power and presence of God.

Thursday 26th - from 10am. Spring Cleaning day in the church and in the

churchyard. Whether you can spare just half an hour and prefer a sedentary task like cleaning silver or can spare a few hours and are happy to tackle a more active task in the churchyard, do come and join our happy band. Please let me know if you will be there. (Jean 07779 281509.)

Home Groups - The afternoon group will meet on Tuesdays 17th and 24th at Linda's and the evening one on Thursdays 19th and 26th at Stephen and Fiona's. Learning about church communities in very different parishes to ours, has been so illuminating. It's not too late if you want to catch the last two sessions. Just speak to Linda or Jean.

Coffee and Company on Wednesday mornings between 10.30am and 12. Come and enjoy lush home made cakes and convivial company over a cup of tea or coffee. In the March copy of *Devon Life*, there is a super mention of Sandford village under the feature on Walks. Topping the list of '4 Things to do while you're in the Area' is our weekly Coffee, Company & Cake session! Our fame stretches far and wide.

Reflective Friday Prayer 10.30am-11, when we use readings, music, silence and prayers to still our hearts and minds before God. Please let Elizabeth or myself know if there is someone or some situation you want prayer for.

--- Easter Dates ---

Palm Sunday, 29th March - 10.30am at St Michael and All Angel's Church, Poughill. Let me know if you would like a lift.

Maundy Thursday 2nd April - Seder Supper at St Swithun's from 6pm to 7.30. Bring friends and share a meal woven with the very words and tradition shared by the disciples of Jesus at his last supper. There is a sign-up sheet at the back of St Swithun's so we know how many to cater for. Not to be missed!

Good Friday, 3rd April at 2pm - Jeremy has prepared a moving reflection on the last hour at the cross with poetry and music.

Easter Sunday at 6.30am - A Joyful Sunrise Easter service at Beacon Church followed by bacon butties, coffee and stunning views.

Easter Sunday at 9.30am - Easter Communion and a christening at St Swithun's. Join us for a wonderful morning to celebrate Christ's Resurrection and new life together.

--- Community news ---

Take care and be safe - The ceiling repairs and lime washes should be done and scaffolding removed by Easter.

and celebrating Lenten by Easter.

The Electoral Roll - This is revised annually for St Swithun's, Beacon and Upton Hellions Churches prior to the Parochial Church Meeting. The 2026 revision will take place from 8th March to 4th April prior to the APCM on April 19th. The **only** people who need to fill in an Electoral Roll form are those who have recently moved into the parish, joined the church or reached the age of 16. Those who are already on the electoral roll **do not need to complete another form** unless there are any changes to your name, address or email address so we can keep in touch if need be. Contact our Electoral Roll officer Mandy Tietze for a form by emailing tietzemandy2@gmail.com or pick one up at the back of church.

Candle stubs for Ukraine - If you have any candle stubs you would usually throw away, please give them to Elizabeth. They can go out with the next shipment to Ukraine to be recycled by being melted down, poured into empty clean food cans for light and heat on the front line.

--- And Finally ---

Here are 4 memorable Lent One-Liners. Pick one and mull it over this week.

- 1. Lent is not about giving things up, it's about giving God room.*
- 2. Lent slows us down so grace can catch up with us.*
- 3. Lent clears the clutter of the heart so Christ takes centre stage.*
- 4. We fast in Lent so we can feast fully at Easter.*



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